

Your Body's Got Wisdom - 8 week program

First Chakra ~ Creating a Foundation

In this one-day intensive workshop, we will explore the principles of the first energy center, the Root Chakra. This is the center of our physical body, family, trust, security, abundance and gratitude.

- Focus on grounding techniques and exercises that teach you to be fully present
- Learn methods to trust your body's natural wisdom
- Generate a sense of security and safety allowing you to awaken to your true self
- Build a base to grow and expand in all areas of your life
- Release self limiting stories and strengthen your belief in your "Right to Have"
- Create a strong foundation and feel confident in the belief that you deserve all you desire

Second Chakra ~ Flowing With Passion

In this one-day intensive workshop, we will explore the principles of the second energy center, the Sacral Chakra. The second chakra is the center of sexuality, emotions, sensation, pleasure, movement, nurturance, creative ability and passion.

- Learn how your emotions are influenced by learned behaviors and patterns
- Identify how you have been "programmed" in your day-to-day life
- Release the beliefs which do not resonate with your true self
- Tap into your true passion
- Integrate new beliefs that support and enhance your life and your "Right to Feel" all you desire

Third Chakra ~ Stepping into Your Personal Power

In this one-day intensive workshop, we will explore the principles of the third energy center, the Solar Plexus Chakra. This is the seat of one's personal power and personal strength, which focuses on integrity, self-discipline, and self-esteem.

- Identify the blocks that keep you stuck from taking action
- Reduce inertia and move forward in a way which supports YOU
- Improve your sense of self, and self-esteem
- Take control of your own destiny, reclaiming and embracing your personal power
- Increases your ability to project your will into manifestation
- Strengthen your belief in your ability to take "right action"
- Take care of yourself without compromising your values

Fourth Chakra ~ Opening Your Heart

In this one-day intensive workshop, we will focus on the fourth energy center, the Heart Chakra. This is the center of love, compassion, relationship, balance, and acceptance of ourselves and others.

- Become aware of the difference between heart and mind
- Release fears, blocks and what limits you living with an open heart
- Learn new ways of experiencing and facing difficulties
- Unburden your heart and tap into your passion for life
- Experience forgiveness of yourself and others as you
- Build trust, confidence and your ability to feel compassion
- Enjoy more calmness, peace and joy

Fifth Chakra ~ Speaking Your Truth

In this one-day intensive workshop, we will focus on the fifth energy center, the Throat Chakra. The throat chakra is our seat of expression and the center of communication. As you express yourself with assurance and actions that are in alignment with your core being, you create a life of joy and power.

- Release your fears and sense of powerlessness to communicate
- Find your true voice and learn to speak your truth
- Articulate your thoughts, feelings and intentions confidently and courageously
- Build confidence in your ability to express yourself through words and actions
- Realize your power to transform your life with truthful expression

The Sixth Chakra ~ Develop Your Inner Vision

In this one-day intensive workshop, we will focus on the energy of the sixth chakra. This chakra is known as the third eye. It is the center of your vision and intuition and represents how and what you see in the world.

- Distinguish between your inner guidance and fear-based life patterns
- Stand unafraid to see the truth about what is happening in your life
- Nourish the ability to clarify your thoughts, vision and intuition
- Align your thoughts with the vision of what you want to create
- Discern truth, gain wisdom, as you strengthen and refine intuition
- Enhance your intuitive ability and open to receive insight and inspiration
- Integrate your intelligence with your intuition to attract the life you desire

Chakra Seven ~ Connecting with the Universe

In this one-day intensive workshop, we will focus on the seventh energy center, the Crown Chakra. This chakra is the gateway to Universal energy and spirit. It is known as the "seat of enlightenment and its function is to connect us with the Universe.

- Develop your spiritual connection and reconnect with your spiritual self
- Nourish yourself through meditation, spending time in nature and becoming more conscious of what is going on "in the moment"
- Tap into a greater source that surrounds and connects each of us with one another
- Live with more wholeness and wisdom
- Enhance well-being and honor the gift of living your life in alignment with your core being
- Learn and apply the "Law of Attraction"

For more information or additional Body Wisdom Workshops, please contact Suzi April
Suzi@PinkRibbonCoach.com
914-763-3237 or 609-948-3355